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ALANON AND ALATEEN FAMILY GROUPS 1

(905) 522-1733

Mail address: Box 3711, Stn C
Hamilton, ON L8H 7N1

Hours: 24 hour answering service
Volunteers phone back immediately

Description:

We are a group of relatives and friends of alcoholics who share our experience, strength and hope in order to solve common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Our only purpose is to help families of alcoholics. We do this by practising the twelve steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

ALCOHOLICS ANONYMOUS (AA) 2

(905) 522-8399
24hrs: (905) 522-8392

Mail address: 67 Queen St S
Hamilton, ON L8P 3R6

Hours: Mon-Fri 9:00am-5:00pm
(Emergency 24 hour service)

Description:

Our primary purpose is to stay sober and help other alcoholics achieve sobriety. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees or dues or AA membership. We are self-supporting through our own contributions. AA is not allied with any sect, denomination, political organization or institution. Neither does it wish to engage in any controversy, nor endorse or oppose any cause. This is a 12 step program.

Family Support Groups

3

(905) 529-7030
(905) 637-1338
Fax: (905) 529-3787

Mail address: 875 Main St W
Lower Mall, Unit 6
Hamilton, ON L8S 4P9

Hours: Mon-Fri 9:00am-4:30pm

Description:

The Family Support Groups help family members cope with the progressive neuronal deficits of the patient with Alzheimer's disease.

Eligibility: Open to anyone who is a family member, caregiver, or friend of an Alzheimer patient and needs support.

Spouse's Drop-in Group

4

(905) 529-7030
Fax: (905) 529-3787

Mail address: 875 Main St W
Lower Mall, Unit 6
Hamilton, ON L8S 4P9

Description:

This is a support/drop-in group for spouses of people with Alzheimer's Disease. Every other Wednesday the group meets at the Resource Centre of the Alzheimer's Society to have a coffee and share their experiences.

Eligibility: Spouses of people with Alzheimer's disease

AMYOTROPHIC LATERAL SCLEROSIS SOCIETY OF ONTARIO - HAMILTON, BURLINGTON AND REGIONS 5

(905) 572-9090
Fax: (905) 572-1163

Mail address: 2 King St W
Hamilton, ON L8P 1A1

Hours: Mon-Fri 8:45am-4:45pm

Executive(s): Chan Kulatunga-Moruzi, Executive Director
Allan Ward, Board President

Description:

The purpose of the ALS Society is to provide support to patients and their families, to raise funds for ALS activities and scientific research in order to eradicate this disease, and to increase public awareness and understanding of ALS. Services include:

1. Support meetings are held once a month in Hamilton and Burlington for patients/families or anyone interested
2. Educational information including pamphlets, booklets and tapes
3. Visitation to patients and families in order to assist with needs
4. Equipment - various types are loaned (e.g. mobility devices and communication aids) to patients registered with ALS Society.

Eligibility: Victims of ALS and their family and friends

Support Group 6

(905) 572-9090
Fax: (905) 572-1163

Mail address: c/o Chan Kulatunga-Moruzi
2 King St W
Hamilton, ON L8P 1A1

Contact(s): Bev Clare **(905) 389-3084**
Hamilton Patient Support
Pat Taylor **(905) 689-4889**
Burlington Patient Support

Description:

Association tries to help the person and the family with the disease. A visiting committee will visit the patient in their home or the hospital with permission of the family. Equipment such as wheelchairs, lift chairs and computers are available at no charge to assist the care givers.

ANOREXIA/BULIMIA SUPPORT GROUP 7

Contact(s): Gina **(905) 523-6052**
Sally **(905) 627-4968**

Description:

The purpose of the group is to understand the problems of Anorexia and Bulimia by offering to victims opportunities to meet and share their problems. The group follows the self-help format developed by the National Association of Anorexia Nervosa and Associated Disorders, a non-profit organization dedicated to alleviating the problems of persons with eating disorders.

Meetings: Year round

ARBOURCARE BEREAVEMENT SUPPORT 8

Mail address: c/o Helen Humpreys
L G Wallace Funeral Home
151 Ottawa St N
Hamilton, ON L8H 6Z2

Contact(s): Helen Humphreys **(H) (905) 648-5321**

Description:

This complimentary service is available at the following funeral homes: L G Wallace; Ancaster Funeral Chapel and Dodsworth and Brown.

AY/ALTERNATIVES FOR YOUTH 9

(905) 527-4469
Fax: (905) 527-8291

Mail address: 126 James St S
Hamilton, ON L8P 2Z4

Hours:

Mon,Thu,Fri	9:00am-5:00pm
Tue	9:00am-8:00pm
Wed	9:00am-8:00pm

Executive(s): David Walkling, President
Janet Marlin, Executive Director

Description:

A variety of services are available for youth, 13-25 years of age, who are experiencing physical, behavioral and lifestyle problems related to substance use/abuse. Support is given to their families. Services include:

1. Individual counselling
2. Family support
3. Group counselling
4. Leisure programs
5. Drop-in lounge
6. Speakers for drug/alcohol presentations.

BEGINNINGS COUNSELLING AND ADOPTION SERVICES OF ONTARIO INCORPORATED 10

(905) 528-6665

Mail address: 1 Young St, Ste 308
Hamilton, ON L8N 1T8

Hours: Mon-Fri 9:00am-5:00pm

Executive(s): Susan Chapman, Executive Director

Description:

This organization provides counselling to women with unplanned pregnancies, birth fathers, and their extended families. Beginnings offers positive alternatives to abortion. It also provides a full range of support and referral services, including:

1. Pregnancy counselling
2. Post delivery support services
3. Information and referral
4. Adoption services, licensed by the Ontario government.

BEREAVED FAMILIES OF ONTARIO

Hamilton Wentworth Burlington Branch **11**

(905) 318-0070

Mail address: 1104 Fennell Ave E
Hamilton, ON L8T 1R9

Contact(s): Cecilly Hey, Office Co-ordinator

Description:

Self-help groups to help families cope with the reality of the death of their child or to help adolescent 13-17 year olds who have lost a sibling or parent. Offers formal counselling and informal group sessions.

BEREAVEMENT SERVICES, SUPPORT AND EDUCATION **12**

Mail address: c/o Cheryl McQueen
18 Suter Ct
Dundas, ON L9H 6R5

Hours: Mon-Fri 8:30am-4:30pm

Contact(s): Cheryl McQueen, R.N. **(H) (905) 628-6008**

Description:

A parish-centred support structure to help those facing the stress and demands of a death in the family, with the emphasis on self-help groups. Regardless of religious beliefs, anyone is invited to join our groups. These groups endeavour to meet the many needs of bereaved individuals and families who have experienced a loss of a loved one. Services are ecumenical.

Educational - guest speakers, library, movies, and seminars.

Empty Arms Empty Cradle 13

Contact(s): Cheryl McQueen R.N. **(905) 628-6008**

Description:

A support group for parents who have experienced a baby death either prior to full term or shortly after.

Good Grief 14

Hours: Mon-Fri 8:30am-4:30pm

Contact(s): Cheryl McQueen R.N. **(H) (905) 628-6008**

Description:

A support group for all women who have experienced the death of a husband or loved one.

Men in Grief 15

Hours: Mon-Fri 8:30am-4:30pm

Contact(s): Cheryl McQueen, R.N. **(H) (905) 628-6008**

Description:

A support group for men who have lost a wife or a loved one.

Saturday Mourning 16

Hours: Mon-Fri 8:30am-4:30pm

Contact(s): Cheryl McQueen, R.N. **(H) (905) 628-6008**

Description:

A support group for young adults who have experienced the death of a parent or sibling.

Wednesday's Child 17
Grief of an Abortion Experience

(905) 628-6008

Mail address: 18 Suter Cres
Dundas, ON L9H 6R5

Contact(s): Cheryl McQueen R.N., Consultant **(905) 628-6008**

Description:

A support group for all women who have experienced the grief of abortion. Abortion does not need to have been recent.

BLUEBIRD CLUB 18

Mail address: c/o Jonna Thompson
83 Fassett Ave
Hamilton, ON L9C 4E6

Executive(s): Jonna Thompson **(905) 389-1716**
Beth Anderson **(905) 385-8515**

Description:

This is an education and support group for people suffering from Arthritis. There are speakers once a month and a newsletter 3 times a year.

BRIDGE HAMILTON (THE) 19

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(905) 648-6879

Mail address: Calvin Grace Community Church
541 James S N
Hamilton, ON L8L 1J6

Contact(s): Mary Jackson, Coordinator

Description:

The Bridge provides counselling for inmates in the Hamilton Detention Centre, as well as weekly meetings for ex-prisoners at the church. Counselling and help in finding employment, housing, and services for ex-inmates upon leaving prison are also available.

BURLINGTON BEREAVEMENT RESOURCE COUNCIL **20**

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(905) 333-3855

Mail address: 471 Pearl St
Burlington, ON L7R 4M4

Hours: Mon-Fri 9:00am-12:00pm
(There is a 24 hour answering service)

Contact(s): Ann-Marie Primeau, Coordinator

Description:

Provides self help and peer support for widows, widowers, suicide survivors, and general types of bereavement. Also provides referral service and seminars and workshops for public awareness. Holds peri-natal support groups.

Perinatal and Sudden Infant Death Bereavement Support Group **21**

(905) 333-3855

Mail address: 471 Pearl St
Burlington, ON L7R 4M4

Hours: 24 hours a day - 7 days a week

Description:

The purpose of this organization is to offer support and friendship to parents who have lost a baby through miscarriage, stillbirth or neonatal death. Major Services:

1. To provide telephone friends who will listen with understanding and may be contacted at any time.
2. To arrange group meetings for parents who wish to share their feelings with others.

BURLINGTON BREAST CANCER SUPPORT SERVICES 22

(905) 634-2333
Fax: (905) 634-2110

Mail address: Burlington Mall, 2nd Fl
777 Guelph Line
Burlington, ON L7R 3N2

Hours: Mon-Fri 10:00am-5:00pm

Executive(s): Joann Preston, Executive Director

Contact(s): Pat Ogborn, Phone Network

Description:

This is a survivor driven self-help support group for women with breast cancer. Meetings are held for women who are: newly diagnosed; those living with breast cancer; and those in recurrence. A newsletter is available to members. They will mail a free brochure called: "What You Need To Know about Breast Cancer. The group networks with other groups. The group also has a Phone Network, where an individual can telephone a member at her home for support when the office is closed. Wigs and turbans are available for loan. Free "Breast Self-Examination"' workshops are available and Group requests can be accommodated.

Eligibility: Open

CAESAREAN AWARENESS AND VAGINAL BIRTH AFTER CAESAREAN 23

Contact(s): Kim Hockney **(905) 574-6738**
Karen MacLeod **(905) 525-3382**

Description:

This is a support group for women wanting a vaginal birth after having a caesarean birth. Provides support and information regarding vaginal birth. Support on information group for women who want to explore their options for child birth.

CANADIAN CANCER SOCIETY

Central West Region **24**

(905) 575-9220
Fax: (905) 575-3370

Mail address: 328 Mountain Park Ave
Hamilton, ON L8V 4X2

Hours: Mon-Fri 9:00am-5:00pm

Executive(s): Dale Simpson, Regional President
Doug Earle, Regional Director

Description:

The objective of the Cancer Society is:

1. To provide services to cancer patients
2. To educate the public about cancer and its prevention
3. To raise funds to support the aforementioned areas as well as cancer research.

Patient Services:

1. Transportation to and from the cancer clinic; loan cupboard available to all cancer patients in need.
2. Possible financial assistance within policies and criteria.
3. Peer Support Services:

"Reach to Recovery Visiting Service," a one-to-one home sessions between trained Reach to Recovery visitors and breast surgery patients. "Cansurmount," a one-to-one visiting program by volunteers who have successfully coped with cancer. Peer support services are initiated upon patient request or medical referral. "Living with Cancer" self-help groups are led by trained volunteers.

Public Education Service includes:

1. Youth: films and speakers are available to schools as well as educational aids for teachers from kindergarten to grade 13.

2. Adult: films and speakers are available for service clubs, church groups, and other interested parties. Special public meetings are held to educate the public on

personal responsibility in cancer prevention. Pamphlets are also distributed to doctors' offices.

3. Workplace nurses organize programs in industry to educate the worker about cancer and its prevention. Topic areas focus on breast cancer, tobacco, sun sense and diet.

Hamilton Downtown Unit **25**
Women Living With Cancer

(905) 527-4555
Fax: (905) 527-6046

Mail address: 210 Victoria Ave N
Box 678
Hamilton, ON L8N 3K7

Hours: Mon-Fri 9:00am-5:00pm

Description:

This group provides support to cancer patients and their families.

CANADIAN GRANDPARENTS RIGHTS ASSOCIATION **26**

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(905) 387-4073
Fax: (905) 575-6560

Mail address: 1430 Upper Gage
Hamilton, ON L8W 1E7

Contact(s): Donna Finocchiaro
Eileen Clough, Vice-President **(905) 689-0991**

Description:

The purpose of the association is to promote, support and assist Grandparents and their families in maintaining or re-establishing family ties and family stability where the family has been disrupted, especially those ties between grandparents and grandchildren.

The Association's main function is to serve as a point of contact for people who require assistance in gaining access to grandchildren in cases of family separation. We primarily guide people in the initial process to be allowed to attain legal access.

CANADIAN HARD OF HEARING ASSOCIATION

Hamilton Branch **27**

Mail address: c/o Joan Miller
90 Stirling St
Caledonia, ON N3W 1J5

Executive(s): Joan Miller, President **(905) 765-2847**

Description:

The Canadian Hard of Hearing Association is a self-help support group for people who have become hard of hearing. It is run by hard of hearing people. The goals of the Association include:

1. Accessibility in all public buildings
2. Educating the hard of hearing on ways to cope with a hearing loss
3. Educating the hearing public what it is like to be hard of hearing
4. Promoting research into hearing loss
5. Promoting mandatory standards for hearing aids and other technical devices that can be used to help the hard of hearing cope.

Meetings: September to June

CANADIAN HEART FOUNDATION

Heart and Stroke Foundation of Ontario **28**
Hamilton Wentworth Chapter - Heart to Heart

(905) 545-2400

Mail address: 19 Albert St
Hamilton, ON L8M 2Y1

Description:

Program of 8 weekly meetings. Specialists from different fields provide you and your partner with information on all aspects of heart disease, answer questions on any topic and offer practical and helpful suggestions for recuperating after a heart attack or heart surgery. You can learn about your heart and how it works, physical activity, nutrition and stress.

CANADIAN LIVER FOUNDATION

Hamilton Wentworth Chapter **29**

(905) 574-0203

Mail address: 22 Southlea Dr
Hamilton, ON L9C 3Z7

Contact(s): Bev Goldsmith
President and Support Group Leader

Description:

The Hamilton-Wentworth Chapter's main functions are to:

1. Provide financial support for researchers in liver disease and liver function
2. Provide educational programs for the medical profession, patients and the general public
3. Provide support groups for patients and families affected by liver diseases.

Hamilton Wentworth Chapter Support Group **30**

(905) 574-0203

Mail address: 22 Southlea Dr
Hamilton, L9C 3Z7

Description:

This is an information and education group. It provides information to anyone affected by liver disease, their friends, family, and anyone in the medical profession. This is not a counselling service. The group also runs a support group which deals with any kind of liver disease, but it especially provides support for sufferers of Primary Biliary Cirrhosis, a rare liver disease that affects women between the ages of 40 and 60.

Eligibility: Open

CANADIAN NATIONAL INSTITUTE FOR THE BLIND

Ontario Division 31
Telephone Assurance Program

(905) 528-8555

Mail address: 1686 Main St W
Hamilton, ON L8S 1G4

Contact(s): Janis Giftopoulos, Senior's Resource Counselling

Description:

Telephone program developed to alleviate feelings of isolation and loneliness for blind and visually impaired seniors. Volunteers from the community phone on a regular basis to keep in touch and just to talk and show an interest in these seniors.

Eligibility: Blind or visually impaired seniors

CATHOLIC CHILDREN'S AID SOCIETY OF HAMILTON WENTWORTH

Young Parents Service 32

(905) 525-2012
(messages) Ext 3222

Mail address: 735 King St E, Ste 1
Hamilton, ON L8M 1A1

Hours: Mon,Tue,Thu,Fri 8:30-4:30pm
Wed 8:30am-8:30pm

Executive(s): Mark A. Ewer, Executive Director

Contact(s): Alanna Strand, Young Parent Worker

Description:

1. Prenatal planning.
2. Counselling and support services for single parents and expectant child.
3. Post-natal support for single parents and to single mothers who keep children.

CATHOLIC FAMILY SERVICES OF HAMILTON WENTWORTH

Family Violence Program 33

(905) 527-3823

Mail address: 735 King St E, Ste 2
Hamilton, ON L8M 1A1

Hours: Mon,Wed,Thu,Fri 8:30am-4:30pm
Tue 8:30am-8:30pm

Description:

1. Domestic Violence services for both women and men.
2. Adult Survivors of Childhood Sexual Abuse. Program includes both individual and group counselling. Ask for an "intake worker".

Support Group for Women Survivors 34

(905) 527-3823
Fax: (905) 546-5779

Executive(s): Michael C. Meyer, Executive Director

Contact(s): Linda Learn

Description:

A 10 week introductory group emphasizing boundaries, self care, and stabilization as well as a 12 week trauma focused group. A screening interview is required.

CHILDREN HAVING ATTENTION DEFICIT DISORDER 35

Mail address: c/o Brian Reed
RR1
Jerseyville, ON L0R 1R0

Contact(s): Pat Linde **(905) 689-5258**
Brian Reed, President

Description:

CHAAD is a support group for parents who have children with Attention Deficit Disorders. They provide a forum for continuing education for both parents and professionals about ADD and are a resource for information.

CHILDREN'S AID SOCIETY OF HAMILTON WENTWORTH

Alternate Care Program 36

(905) 522-1121

Street address: 143 Wentworth St S
Hamilton

Mail address: Box 1170, Depot 1
Hamilton, ON L8N 3R4

Hours: Mon-Fri 9:00am-5:00pm
Mon-Fri 8:30am-4:30pm (Summer Hours)

Executive(s): Mary Almonte, Co-ordinator

Description:

Aim of the program is to provide relief for families with developmentally handicapped children at home. This program recruits alternate care foster homes willing to take developmentally handicapped children in their homes up to 10 days a month or 2 days a week. A per diem rate is paid to foster home families and a small fee is charged to parents.

CHRONIC FATIGUE SYNDROME / MYALGIC ENCEPHALOMYELITIS SELF HELP GROUP OF HALTON AND HAMILTON WENTWORTH 37

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(905) 383-4431

Mail address: Rotary Club of Hamilton
Self Help Centre
255 West Ave N
Hamilton, ON

A support group for sufferers, family members and friends of chronic Myalgic Encephalomyelitis sufferers.

CO-DEPENDENCY ANONYMOUS

Christ Church **38**

(905) 389-1364

Mail address: Christ Church Unity Centre
21 Rosedene Ave
Hamilton, ON L9A 4W3

Description:

This program is based on the twelve-step self-help program followed by Alcoholics Anonymous. Co-dependency is a life-affecting inability to maintain health and nurturing relationships with the self and with others. It is caused by long-standing destructive patterns of living which fall within the categories of people-pleasing and manipulation and control.

COMMUNITY CHILD ABUSE COUNCIL OF HAMILTON-WENTWORTH

Alliance for Sexual Abuse Programs (The) **39**

(905) 549-1353
Fax: (905) 548-0674

Mail address: Lloyd George School
360 Beach Rd, Rm 15
Hamilton, ON L8H 3K4

Contact(s): Catharine Wrench, Coordinator

Description:

This program is designed to assist in the coordination of treatment groups for victims/survivors of childhood sexual abuse, their families and offenders. The following groups are currently running:

1. Children's group
2. Adolescents' group
3. Adult male survivors' group
4. Caretakers' support group

5. Non-offending parent group
6. Adult male offenders' group
7. Adolescent offenders' group
8. Crisis support group for parents
9. Court preparation for children/teens.
10. Siblings group for children where child is the brother or sister of the child abused.
11. Partners of Offenders group for women who are still in or planning to remain in a relationship with an offender.

There is no adult women victims group, but referrals are made to other agencies in the community. A prerequisite of the offenders groups is that the offender must admit ownership and take responsibility for the abuse.

Eligibility: Both male and female

COMMUNITY SEXUAL ABUSE NETWORK **40**

Mail address: Catholic Children's Aid Society
735 King St E, Ste 1
Hamilton, ON L8M 1A1

Contact(s): Rocco Gizzarelli **(905) 525-2012**

Description:

A professional support and information sharing group for those working in the area of sexual abuse.

Meetings: Sep-May

CROHN'S AND COLITIS FOUNDATION OF CANADA **41**

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(905) 545-0100
(answering machine)

Mail address: Box 57452
Jackson Stn
Hamilton, ON L8P 4X3

Executive(s): David Smith, President **(905) 574-4870**
Gordon Decker, Fundraising Chairperson

Description:

The purpose of the Hamilton Chapter is to increase public awareness and raise funds for research into the causes of Inflammatory Bowel Disease, such as Crohn's Disease and Colitis. There is an active foundation in every province of Canada. The Hamilton Chapter now has over 200 family members. The Canadian Foundation has over 8,000 family members.

DOWNTOWN FIBROMYALGIA ASSOCIATION

Hamilton Support Group **42**

Mail address: First Pilgrim United Church
200 Main St E
Hamilton, ON L8N 1H3

Executive(s): Margaret Mackey, Local Chapter President **(H) (905) 561-1802**

Contact(s): Carmen Piccirillo, Co-Leader **(H) (905) 574-2258**

Description:

The Arthritis Society Support Group provides information, coping strategies and support.

Eligibility: People with Fibrositis Syndrome or Primary Fibromyalgia

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EAST REGION MENTAL HEALTH SERVICES

Borderline Psychotherapy Group **43**

(905) 573-4801

Mail address: St Joseph's Community Health Centre
2757 King St E
Hamilton, ON L8G 5E4

Contact(s): Debbie Guyer
Joanna (for referrals)

Description:

This psychotherapy group is for adult men and women experiencing long-term problems in relationships, poor impulse control plus frequent mood fluctuations. It's purpose is for participants to begin to feel more in control of their lives and function better in their daily activities. This is a network organized group and runs for 30 weeks using a relationship management model.

Communications and Social Skills Group **44**

(905) 573-4801

Contact(s): Tom Alexander/Pauline Nelson
Joanna (for referrals)

Description:

This is a group for both men and women who have difficulty making social connections with others, including problems with communication, shyness, assertiveness and dealing with conflict. It's purpose is to improve social skill development through structured learning and role play.

Coping Skills Group **45**

(905) 573-4801

Contact(s): Sharron Orovan, R.N., B.A., Joanna (for referrals)

Description:

This is a 14 week structured group for adult men and women who suffer mild to moderate anxiety and depression. There are four components: relaxation, cognitive reframing, assertiveness, and problem solving.

Hamilton Manic Depressive Support and Education Group **46**

(905) 573-4801

Contact(s): Tessie Abugan

Description:

The group is aimed at helping sufferers of Manic Depressive Illness and their families to understand the nature of the illness and help them cope with some of the problems they may face on a monthly basis. The group has an education/support and self help component.

Obsessive Compulsive Disorder Group **47**

(905) 573-4801

Contact(s): Sharon Orovan / Adrienne Sloan, R.N.'s
Joanna (for referrals)

Description:

This group is for adults with a diagnosis of Obsessive Compulsive Disorder (OCD) with no concurrent psychotic illness. The goal of this group is to provide education around OCD, to teach coping skills and offer support through a volunteer who has been successfully treated. This is an eight session group, runs bi-weekly, and is based on a manual, and involves homework.

Panic Education Group **48**

(905) 573-4801

Contact(s): Sharron Orovan/Adrienne Sloan
Joanna (for referrals)

Description:

This is a small group (4-6 people) of men and women with a primary panic disorder. They must be a client of ERMH's and must be willing to make a commitment to all four sessions and must meet sufficient English comprehension. Its purpose is to educate clients about the physiological elements of panic disorder and introduce some coping strategies.

ELIZABETH FRY SOCIETY - HAMILTON BRANCH

Community Service Programmes **49**
Share Programme

(905) 527-3097

Mail address: 627 Main St E, 2nd Fl
Hamilton, ON L8M 1J5

Hours: Mon-Fri 9:00am-5:00pm
Tue 9:00am-8:00pm

Contact(s): Bobby Banting, Facilitator **Ext 234**

Description:

The SHARE Programme combines group and individual counselling for women in conflict with the law due to shoplifting. The women work towards the development of various skills to assist them in coping with their problems in a responsible manner. The programme serves as a community-based sentencing alternative and assists in the rehabilitation of female shoplifters.

EMPLOYMENT TODAY **50**

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(905) 575-2849

Contact(s): Richard Gale

Description:

This is a self-administered self-help group of unemployed managers, professional staff and supervisors who meet at Mohawk College to discuss the many aspects of hunting for new job positions. Fellowship and frank exchange of opinions as well as motivation, support and direction is offered to its members.

EPILEPSY HAMILTON AND DISTRICT **51**

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(905) 522-8487

Mail address: Royal Connaught Hotel Offices
92 King St E, Ste 855
Hamilton, ON L8N 1A8

Hours: Mon-Fri 9:00am-4:30pm

Executive(s): Bernard Baldwin, Executive Director

Description:

Epilepsy Hamilton and District exists to inform and educate people with Epilepsy, their friends and families, and the general public about epilepsy, provide support services as needed, and facilitate positive awareness in the community about epilepsy. Services include:

1. Individual, family and group counselling
2. Educational School program: workshops on Epilepsy to professional groups
3. Literature distribution

4. Public educational meetings
5. Moral support to those with epilepsy
6. Referrals to community resources as needed
7. Members receive a quarterly newsletter and have access to a resource library about epilepsy
8. Monthly self help/support group meetings.

EVENING STAR SUPPORT GROUP 52

Hours: Mon 7:30pm-8:30pm

Contact(s): Johanna O'Neil **(905) 523-0129**
Marlene Zicer **(905) 527-4614**

Description:

Self help and support is given, either by Group method or on a "one on one" basis, to family and friends of people who THREATEN suicide . They will also provide support to those who have lost anyone through suicide, by helping to identify the issues that need to be dealt with that happened PRIOR to the suicide. For the issues around the actual suicide and after, the person will be referred to bereavement counselling services.

FAITH AND LIGHT PARENTS' SUPPORT GROUP 53

Mail address: c/o Auralie Daly
St Ann's Roman Catholic Church
120 Sherman Ave N
Hamilton, ON L8L 6M6

Contact(s): Auralie Daly, Chairperson **(905) 545-2882**

Description:

Support group for parents of developmentally delayed teens and adult children. Children are taught by qualified teachers, while parents meet in a separate room. Mass is held in the church before the meeting begins.

Meetings: September to June

FAMILIES AGAINST VIOLENT OCCUPATIONAL DEATHS AND DISEASES 54

Answering machine
(905) 522-7353 Ext 404

Mail address: c/o Self Help Network
Hamilton & District
255 West Ave N
Hamilton, ON L8L 5C8

Contact(s): Thalia Pouliot **(905) 545-6444**

Description:

This organization provides support to individuals who have lost a loved one through traumatic workplace death or industrial disease. It acts as an advocacy group in dealing with the Ministry of Labour, employers and the Workers' Compensation Board. Three workers are killed daily in Canada, not including deaths due to industrial disease.

Eligibility: Anyone interested in unjust workplace conditions and issues

FATHERS FOR JUSTICE 55

(905) 549-5437
Fax: (905) 549-5437

Mail address: 1137 King St E
Hamilton, ON L8M 1E7

Contact(s): John Prince, President, Hamilton Chapter **(H) (905) 549-2760**

Description:

An organization dedicated to assisting parents and their children with problems relating to access, custody, support, separation and divorce.

FETAL ALCOHOL SUPPORT NETWORK (THE) 56

(905) 578-9091
Fax: (905) 274-7700

Mail address: Box 99010
Heritage Green Postal Outlet
Stoney Creek, ON L8J 1P0

Contact(s): Martha Bradford, Hamilton Area Co-ordinator
Margaret Sprenger

Description:

This is a support group for parents and family members of children with Fetal Alcohol Syndrome, a condition caused by alcohol consumption during pregnancy, and which results in physical and mental deficiencies, such as small body size, learning disabilities, and behavioral disabilities. Provides support mainly by telephone and informal, unscheduled meetings.

FRIENDS IN GRIEF 57

(905) 318-0059
(answering machine)

Mail address: 500 Main St E, 101
Hamilton, ON L8N 1K7

Hours: Tue,Thu,Fri 9:00am-12:00pm

Contact(s): Margo Wotta

A non-denominational support program (10 - 2 hour sessions) consisting of two groups; one for the widow/widower and one for the adult individual who has lost a parent and/or sibling or a significant other. The program is led by trained volunteers and professionals offering a structured setting for the working through of issues related to the loss of a loved one. The goal of this program is to provide a caring support system designed to help individuals cope with the painful reality of their loss and return to the mainstream of life. Open Houses; a program run year round except July and August. Guest speakers highlight aspects of the grieving process, followed by discussion. Or, group runs videos or movies and follows them up with discussions.

FRIENDS OF SCHIZOPHRENICS - HAMILTON CHAPTER 58

(905) 523-7413
Fax: (905) 527-6254

Mail address: 191 James St S
Hamilton, ON L8P 3A8

Hours: Mon-Fri 10:00am-4:00pm

Executive(s): Richard Russell, Executive Director
Gale Melligan, Support Services Coordinator

Description:

Friends of Schizophrenics aims to improve the lives of persons with Schizophrenia through support to families, education of the public, and advocacy for research and improved services. Services include:

1. Support group meetings for families and friends of persons with schizophrenia are held the 3rd Tuesday of each month including December, at 7:30 pm at the above address.
2. Spousal support meetings are held 1st Thursday of every 2nd month
3. Information and referral literature is available from the office
4. Speaker's bureau for increasing public awareness
5. Research fund-raising
6. Public policy advocacy
7. After hours telephone service for urgent calls
8. "Telephone Buddy" support service for friends and families of schizophrenics
9. Home visits and family consultations.

Eligibility: Individuals who have schizophrenia

GAMBLERS ANONYMOUS 59

Contact(s): Nick B. **(905) 547-9351**

Description:

A non-professional self-help group for those with gambling problems. Provides a support group for family and friends of compulsive gamblers who need support and information on the compulsive gambler problem.

GRANDPARENTS RAISING GRANDCHILDREN 60

(905) 561-4561

Mail address: 88 Fairway Dr
Hamilton, ON L8K 5L7

Contact(s): Sylvia Chappell **(905) 575-5561**
Robert & Linda Deachman **(905) 561-4561**

Description:

Grandparents Raising Grandchildren is a self help support group for grandparents to come together to give each other support as they parent for the second time around.

GRANDPARENTS REQUESTING ACCESS AND DIGNITY 61

(905) 561-4561

Mail address: 88 Fairway Dr
Hamilton, ON L8K 5L7

Contact(s): Sylvia Chappell **(905) 575-5561**
Robert & Linda Deachman **(905) 561-4561**

Description:

Support group for grandparents who have been refused access to their grandchildren for whatever reason, ie. divorce, death of parent, etc. Group enlightens members on how the court and custodial process works, promotes public awareness, and lobbies for changes in the law to allow special recognition of grandparents, especially in child custody cases.

GUILLAIN - BARRE SYNDROME SUPPORT GROUP OF CANADA 62

Mail address: 111 Lock St
Peterborough, ON

Contact(s): Barbara Clark Smith **1-(705) 742-1110**

Description: This is a support group for people afflicted with Guillain-Barre Syndrome.

HALTON, HAMILTON-WENTWORTH "TEEN" CHRONIC FATIGUE SYNDROME SUPPORT GROUP 63

Mail address: c/o M.E. Association of
Halton, and Hamilton-Wentworth
Rotary Club of Hamilton's Self Help Centre
255 West Ave N
Hamilton, ON. L8L 5C8

Contact(s): Rebecca **(905) 628-4724**

Description:

This is a telephone support service for young people and their parents. Any young person who needs to talk or wants information on problems with school work, teachers, or parents (related to M.E.) is welcome to call.

Eligibility: Teenagers

HAMILTON AGAINST POVERTY 64

(905) 312-9395
(answering machine)

Mail address: 1147 Main St E
Hamilton, ON L8M 1P3

Executive(s): Wendell Fields, Chairperson

Contact(s): Mary Lou Janiga, Treasurer

Description:

Hamilton Against Poverty provides advocacy for low income people and referrals to various community agencies such as food banks, shelters, churches and hostels as well as various cultural associations. Also provides a forum for public education.

HAMILTON AIDS NETWORK

Parents of Homosexual Children Support Group 65

(905) 528-0854
1-800-563-6919
Fax: (905) 528-6311

Mail address: 143 James St S, Ste 900
Hamilton, ON L8P 3A1

Hours: Mon-Thu 9:00am-9:00pm
Fri 9:00am-5:00pm

Executive(s): Lucio Barcaroli, President
Mary Devorski, Vice-President

Contact(s): Rui Pires, Director of Education
Sue McDiarmitt, Director of Support Services

Description: A support group for parents of homosexual children.

HAMILTON CATHOLIC SEPARATED, DIVORCED AND WIDOWED SELF-HELP GROUPS 66

(905) 528-7988
Ext 251

Mail address: Roman Catholic Chancery
Office for Family Ministry
700 King St W
Hamilton, ON L8P 1C7

Executive(s): Anna Frugault, Director

Description:

Self-help groups are available for Catholics who are separated, divorced or widowed and those preparing for marriage. Please contact the Chancery for further information.

HAMILTON HANDICAP CLUB 67

Street address: YWCA
75 MacNab St S
Hamilton

Mail address: 340 Cochrane Road, Ste 608
Hamilton, ON L8K 6H7

Executive(s): Doris Smith, President **(905) 545-0811**

Description:

The objective of this organization is to encourage members to lead normal lives regardless of their disability. Membership is open to anyone 18 to 59 years of age who is physically disabled. Monthly meetings and entertainment are part of the program. New members are welcome.

Eligibility: disabled

HAMILTON HELP GROUP 68

(905) 523-9671
Hotline: 1-800-478-3227

Mail address: Box 89085
991 King St W
Hamilton, ON L8S 4R5

Contact(s): Cathy Smith

Description:

The support group offers current information on Herpes virus through speakers, pamphlets and videos. Also offers support in a confidential private setting. The group is supported by the Herpes Resource Centre in North Carolina. The national toll free line offers information and counselling.

HAMILTON PARENTS OF MULTIPLE BIRTHS ASSOCIATION 69

Answering machine
(905) 574-8946

Mail address: c/o Self Help Network of
Hamilton and District
255 West Ave N
Hamilton, L8L 5C8

Hours: Meetings on the second Monday of each month

Contact(s): Elaine Horvat, Outreach Co-ordinator **(905) 575-1353**
Celia DeVet **(905) 575-7644**

Description:

The goal of the Association is to develop parental skills through monthly programs, guest speakers and membership in the Parents of Multiple Births Association of Canada, (POMBA).

1. Telephone support networks from parents of multiples. A phone list is available with a membership
2. Speakers and discussion groups
3. Monthly newsletters
4. Clothing exchange and sales
5. Social outings
6. Community service(s) awareness.

HAMILTON WENTWORTH HEAD INJURY FAMILY SUPPORT GROUP 70

(905) 525-3733

Street address: 182 Rebecca St
Hamilton

Mail address: Box 57603, Jackson Stn
Hamilton, ON L8P 4X2

Hours: Mon-Fri 8:30am-4:00pm

Executive(s): Toby Meehan, President **(905) 578-9621**

Contact(s): Deborah Coleman **(905) 525-3733**

Description:

To offer individuals with acquired brain injury, and their family members, support, activities and information concerning the resulting changes that occur in their lifestyle.

HAMILTON WENTWORTH STROKE RECOVERY ASSOCIATION 71

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(905) 385-1639

Mail address: 500 Upper Wellington St, Ste 3
Hamilton, ON L9A 3P5

Hours: Mon-Fri 10:00am-2:00pm

Executive(s): Clay Outwater, Executive Director
Burton Watters, President

Description:

The Hamilton-Wentworth Stroke Recovery Association is run and operated predominately by those who have suffered strokes, with peripheral support from interested health professionals. Its purpose and aim is to help stroke survivors to return to a full, productive life by means of encouragement, example and friendly contact, and to encourage rehabilitation by providing emotional support to both survivor and family. Services include:

1. Recreation
2. Socialization
3. Support
4. Dissemination of information.

HAMILTON WENTWORTH. DEPARTMENT OF PUBLIC HEALTH SERVICES

Child and Adolescent Services 72

(905) 546-3678
Fax: (905) 546-3696

Street address: 100 Main St E, Ste 220
Hamilton

Mail address: Box 897
Hamilton, ON L8N 3P6

Hours: Mon-Fri 8:30am-4:30pm
Wed 8:30am-7:00pm (Sep-Jun)

Executive(s): H. C. VanDooren, Executive Director
Gord Greenway / Mary Watson, Managers

Contact(s): Patty Beauchamp, Intake Coordinator

Description:

Child and Adolescent Services exists to assess and treat children ages 2 - 18 years with behavioral, learning, speech, and emotional disorders, who live in the Hamilton-Wentworth region. Information regarding self, parent, or professional referrals may be requested by calling the above number. Services include:

1. Integrated Assessments of Young Offenders and Child Welfare: court referral and Children's Aid referrals only.
2. Child and Family Intervention: family therapy, play therapy, individual therapy, group therapy, speech and language assessment, and therapy.
3. Consultation to community groups and interagency collaboration.

Eligibility: Children and youth ages 2 - 18

Healthy Lifestyles Branch **73**
Alcohol and Drug Assessment Services
Seniors' Support Group

(905) 546-3606
Fax: (905) 546-3608

Mail address: 21 Hunter St E, 3rd Fl
Hamilton, ON L8N 1M2

Hours: Mon-Thu 9:00am-12:00pm & 1:30pm-4:30pm
(Will be closed most Fridays due to decrease in funding)

Contact(s): Mary Anne Cooke, Social Worker

Description:

This group is for seniors, 60 years of age and over, who express the desire for improved health. Alcohol use and medication problems will be discussed in an supportive environment, together with the opportunity to meet new friends and participate in leisure activities.

Public Health Nursing 74
Focus On You

(905) 546-3500

Street address: 25 Main St W, 4th and 5th Flrs
Hamilton

Mail address: Box 897
Hamilton, ON L8N 3P6

Hours: Mon-Fri 8:30am-4:30pm
(There is an answering service available for after hours and weekend referrals)

Contact(s): Elizabeth Conti, R.N. BScN, PHN
Project Leader **(905) 628-2735**
Department of Public Health Service
Tricia Hack \ Lily Dolina, PHN's
Group Facilitators **(905) 546-3597**
(905) 546-3588

Description:

This program is for anyone providing any type or amount of assistance and support to an older person at any stage of the aging process. The program does not focus on caregivers of persons with Alzheimer's Disease or related dementias. However, these caregivers will not be excluded from participating but will be encouraged to access existing resources for people with Alzheimer's. The focus of the group is on caregiving issues and the objective is to provide education/information, emotional support and to promote the development of caregiving skills.

Public Health Nursing 75
Nobody' Perfect

(905) 546-3657

Street address: 25 Main St W, 4th Fl
Hamilton

Hours: Mon-Fri 8:30am-4:30pm

Contact(s): Trish Hardy, Team Leader
Julie Scheerer, Team Leader

Description:

Nobody's Perfect is a parenting program for parents with children between the ages of birth to five. The program is geared to people who meet at least one of the following criteria: low income, single, low formal education, socially or geographically isolated, or young parents. The program runs once weekly, (two hours) for eight weeks. Bus tickets, childcare and a set of 5 parenting books are provided free. The program provides support and up to date information on parenting, and promotes positive self-esteem. Program is held in various locations across Hamilton.

Eligibility: Child age 0-5 and parent(s) must meet one of the criteria listed in description

Public Health Nursing Services **76**
Postpartum Support Group

Information Line: (905) 546-3618
Main Line: (905) 546-3500

Street address: 25 Main St W, 4th Fl
Hamilton

Description:

The Postpartum Support Group provides support in an informal setting. This is a group for women who are experiencing depression, anxiety, or adjustment problems in the postpartum period. Sessions are run on an ongoing basis. Babysitting can be provided, but women are encouraged to find an alternate means of child care.

HEART MATES

Support Group for Cardiac Patients and Families **77**

(905) 527-0271
Ext 4313

Contact(s): Janice Chaplin
Social Work Department
Hamilton General Hospital

Description:

This is a support group for cardiac patients and families. Sessions are conducted by Public Health Nurses and social workers and include videos.

HELP A CHILD SMILE FUND

Parent Support Group 78

Contact(s): Jack Carrier, Promotions Director **1-(905) 735-6955**
Luke Ferland, Vice President **1-(905) 732-1827**

Description:

Works with and offers support to families who have a child with cancer, or have lost a child to cancer.

Eligibility: Must be a child in the cancer ward at the Children's Hospital at Chedoke-McMaster Hospitals

INDIAN WOMEN ACTION GROUP 79

Mail address: 45 Brigade Dr
Hamilton, ON L9B I2Y

Contact(s): Neelaui Sandiyle **(905) 383-7993**
Bimla Kaul **(905) 388-2947**

Description:

This is a support group for women of the Indian Community. Offers workshops and information meetings on such issues as "women abuse" and health and social issues.

JOHN HOWARD SOCIETY

Choices 80

(905) 523-7460
Ext 121
Fax: (905) 523-7468

Mail address: 128 Hughson St N
Hamilton, ON L8R 1G6

Contact(s): Kim Gibson-Chalmers, Program Coordinator

Description:

Choices is a crime prevention program aimed at youth. The goal of the program is to reach children before they come into contact with the Criminal Justice System. Choices aims at teaching young people how to solve problems and make decisions using a five step model. It is a skill-based program; each week young people learn a different skill or step in the model and then learn how to apply the model to specific situations that may be problematic for them. These include dealing with peer pressure, shoplifting, vandalism and using drugs and alcohol. The program also attempts to develop the social skills of members, enhance their level of self-esteem.

Eligibility: Two groups, ages 9-11 and 12-13 years
Meetings: Weekly for 10 weeks

Parents Group **81**

(905) 523-7460
Ext 121
Fax: (905) 523-7468

Mail address: 128 Hughson St N
Hamilton, ON L8R 1G6

Contact(s): Kim Gibson-Chalmers, Manager

Description:

A program for parents of children in the Choices program. The program is run concurrently so that they can understand what is being taught, and continue the teaching at home.

Family Support Group - Self Help **82**

(905) 523-7460
Ext 116

Mail address: 128 Hughson St N
Hamilton, ON L8R 1G6

Contact(s): Lloyd Mackenzie

Description:

A support group for wives, girlfriends, sisters and mothers of prisoners or loved ones in conflict with the law, to help them deal with their problems. The group offers counselling, speakers, and discussion groups. Child care is available during meetings.

KIDNEY FOUNDATION OF CANADA, HAMILTON AND DISTRICT CHAPTER

Peer Support Program **83**

(905) 574-5222

Mail address: 688 Queensdale Ave E, 2nd Fl
Hamilton, ON L8V 1M1

Executive(s): Nello Violin, President

Contact(s): Brenda Szabo, Peer Support Program Co-ordinator

Description:

Provide information, education and support to people with kidney diseases. One to one peer support is provided if requested.

LA LECHE LEAGUE **84**

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(905) 385-6500

Description:

La Leche League provides encouragement and support to breastfeeding mothers. Information can be received by calling the office.

Discussion topics include:

- Advantages of breastfeeding to mother and baby
- Baby arrives, the family and the breastfed baby
- Art of breastfeeding and avoiding difficulties
- Nutrition and Weaning.

LEARNING DISABILITIES ASSOCIATION OF HAMILTON WENTWORTH 85

Mail address: Resource Centre **(905) 523-1332**
255 West Ave N, Rm 3
Hamilton, ON L8L 5C8

Hours: Mon-Fri 1:00pm-4:00pm

Executive(s): Norma LaForme, Co-ordinator
Tom Parker, Past President

Description:

The Association exists to further educational, recreational, social and employment opportunities for learning disabled persons, to provide guidance to parents, to assist them in understanding and coping with the problems of their learning-disabled children, and to help them to obtain appropriate assistance. Services include a resource library of books, pamphlets, films and a list of community resources is available for use by parents and teachers, and includes books for children. Meetings and workshops provide information to parents, teachers, professionals, and students working in the field of learning disabilities. A learning disabled adult support group and groups for parents of attention deficit and/or learning disabled children are also available as well as a social skills program for children.

LUNG ASSOCIATION - HAMILTON WENTWORTH

Air Force Asthma Program 86

Mail address: 502 Concession St **(905) 383-1616**
Hamilton, ON L9A 1C4

Contact(s): Donna Slavik, Health Program Co-ordinatior, Rehabilitation

Description:

An educational program for asthmatic children and their parents. Sessions consist of video tapes and discussions on what Asthma is, and treatment of it, in order to help children manage and deal better with their Asthma.

Eligibility: Ages 6-12yrs. Limit of 10 children per session.

Broncho Busters **87**

(905) 383-1616

Mail address: 502 Concession St
Hamilton, ON L9A 1C4

Contact(s): Donna Slavik, Health Program Coordinator - Rehabilitation

Description:

Broncho Busters is a self-help program designed for people with lung and chest problems, their families and friends. The club's purpose is to provide individuals with a social and educational experience in a smoke-free community setting.

Meetings: Sep to Jun

Countdown Program **88**

(905) 383-1616
Fax: (905) 383-1213

Mail address: 502 Concession St
Hamilton, ON L9A 1C4

Description:

This program is designed to help you stop smoking using a behaviour modification approach. This program can be used as an adjunct to people using the nicotine patch.

1. help you to understand your smoking habit
2. prepare you for expected reactions during the quitting process
3. teach you alternative methods of coping so you are successful in quitting
4. available in workplace upon request.

Meetings: Seven sessions over a five week period

Tobacco Stop **89**

(905) 383-1616
Fax: (905) 383-1213

Mail address: 502 Concession St
Hamilton, ON L9A 1C4

Description:

1. help motivate you to stop smoking
2. learn ways to remain tobacco free after quitting smoking (this includes people using the nicotine patch)
3. share with others the joys and frustrations of stopping smoking.

Eligibility: Open to everyone

LUPUS SOCIETY OF HAMILTON **90**

24hrs (905) 527-2252

Street address: 25 Hughson St S, Ste 310
Hamilton

Mail address: Jackson Stn, Box 57414
Hamilton, ON L8P 4X2

Hours: Tue,Thu 9:30am-1:30pm

Executive(s): Rosemary Walton, President

Contact(s): Joan McKee **(905) 388-3925**
Jean Ingram, Office Manager

Description:

Meetings are a chance for the exchange of feelings between patients, families, and friends, and always have guest speakers. A free lending library is available to members, as well as literature. Newsletters are sent out five times a year. The Educational Committee will visit any group, especially health professionals. meetings are held at All Saints Anglican Church.

MCMASTER PERINATAL ASSOCIATION **91**

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(905) 521-2100
Ext 7541

Street address: 1200 Main St W
Hamilton

Mail address: Chedoke Hospital, Wilcox Basement
Box 2000, Stn A
Hamilton, ON L8N 3Z5

Contact(s): Mona Northey, Co-ordinator

Description:

This is a volunteer parent support group. Members have gone through the High Risk Pregnancy Program, and / or have had a critically ill or premature newborn at Chedoke-McMaster Hospitals. Call contacts for meeting times.

Eligibility: Anyone with a baby born at the Natal Intensive Care Unit at Chedoke-McMaster Hospitals. Also open to anyone who has had a premature baby at other area hospitals.

MEN FOR SOBRIETY **92**

Mail address: 18 Cottage Ave **Fax: (905) 521-9083**
Hamilton, ON L8P 4G4

Contact(s): Mark Boyak **(H) (905) 528-6823**

Description:

A self help group for men who have an addiction to alcohol. The approach is to your change life style through developing a positive attitude.

Meetings: Year round

MULTIPLE SCLEROSIS SOCIETY OF CANADA

Hamilton and District Chapter
Self-Help Group **93**

(905) 527-7874
Fax: (905) 527-8484

Mail address: 94 Cannon St W, Unit 5
Hamilton, ON L8R 2B6

Contact(s): Amanda Hobbins, Patient Services Co-ordinator

Description:

This group provides support for individuals who have Multiple Sclerosis. It gives participants the opportunity to share information. On occasions there are guest speakers.

MUSCULAR DYSTROPHY ASSOCIATION OF CANADA

Myasthenia Gravis Chapter **94**

1-(416) 444-8357

Street address: 25 Caravan Dr
Don Mills

Mail address: National Office
2345 Yonge St, Ste 900
Toronto, ON M4P 2E5

Contact(s): Linda Cavuoti, Membership Chair **1-(416) 449-6777**

Description:

Myasthenia Gravis is a neuro-muscular disease characterized by the following symptoms:

1. Droopy eyelids
2. Slurred and nasal speech
3. Difficulty chewing and swallowing
4. Weakness in arms and legs, difficulty in climbing stairs
5. Loss of facial expression, including inability to smile
6. Difficulty breathing
7. Difficulty sitting or standing

Myasthenia Gravis can affect anyone, but most common in women between 15-40 years old, and men over 50 years old. There is no cure presently, but the majority of patients are able to lead normal lives with treatment.

The Myasthenia Gravis chapter has an information centre for members, publishes a newsletter, and provides counselling and support for all M.G. clients and their families.

NARCOTICS ANONYMOUS

Awakening Spirits

95

Helpline (tape)
(905) 522-0332

Mail address: St Thomas Church
16 West Ave S
Hamilton, ON L8R 2L3

Description:

This is a 12 step non-profit self-help program to help those with drug problems. They are recovering addicts who meet regularly to help each other stay drug free. Translators for the non speaking community are available if arrangements are made ahead of time, basic text pamphlets are available in braille.

Courage to Change

96

Mail address: Salvation Army Building
165 King St W (left side door)
Dundas, ON

Helpline (tape)
(905) 522-0332

Friday Night Recovery

97

Helpline (tape)
(905) 522-0332

Mail address: MacNab Street Presbyterian Church

Street address: 116 MacNab St S
Hamilton, ON L8P 3C3

Grace Anglican Clean and Free Group

98

Helpline (tape)
(905) 522-0332

Mail address: Grace Anglican Church
1401 King St E
Hamilton, ON L8M 3M1

Hope Not Dope Group 99

Helpline (tape)
(905) 522-0332

Mail address: Church of the Ascension
64 Forest Ave
(Entrance off Charlton at John)
Hamilton, ON

Just For Today 100

Helpline (tape)
(905) 522-0332

Mail address: St Philip the Apostle Church
1525 Mountain Grove
Burlington, L7P 2H4

Learn to Live Group 101

Helpline (tape)
(905) 522-0332

Mail address: St Joseph's Roman Catholic Church
260 Herkimer (Rectory Door)
Hamilton, ON L8P 2H9

The Message is Hope 102

Helpline (tape)
(905) 522-0332

Mail address: Salvation Army Church
245 King E
Stoney Creek

New Beginnings 103

Helpline (tape)
(905) 522-0332

Mail address: Central Presbyterian Church
145 Charlton E
(Corner of Charlton & Caroline)
Hamilton, ON

Shiftworker's Meeting **104**

Helpline (tape)
(905) 522-0332

Mail address: St Thomas Church
16 West Ave
Hamilton, ON L8R 2L3

Third Tradition **105**

Helpline (tape)
(905) 522-0332

Mail address: MacNab Street Presbyterian Church
116 MacNab St
Hamilton, ON L8P 3C3

NEW MOTHERS SUPPORT GROUP

Hamilton Mountain Group **106**

Street address: Annunciation of our Lord Church
280 Limeridge Rd W
Hamilton

Mail address: 11 Glenayr St
Hamilton, ON L9C 7C1

Contact(s): Lori Pokoradi, RN, Director **(H) (905) 385-9217**

Description:

A self help/support group for the mother without specific problems who either isn't used to having a baby in her life or can't understand why this newborn isn't behaving the way her others did. The focus is to be on the new mother and how she is adjusting. The only limitation is that the mother has a baby under one year of age, and that includes adoptive mothers. Participants will pick the topics they want to discuss, and subjects could range from their own birth experiences to nutrition and trying to be a supermom.

The group is managed by a volunteer board and all members are parents.

Meetings: Groups run for 10 weeks

Westdale Group **107**

Street address: Westdale United Church
99 North Oval
Hamilton

Mail address: 11 Glenayr St
Hamilton, ON L9C 7C1

Contact(s): Lori Pokoradi, RN, Director **(H) (905) 385-9217**

Hours: evenings

NORTH AMERICAN CHRONIC PAIN ASSOCIATION OF CANADA (THE)

Hamilton Group **108**

Mail address: c/o Carmela Lamb
18 Norma Cres
Ancaster, ON L9G 4S9

Contact(s): Carmela Lamb **(H) (905) 648-7780**
Diana Coccaio **1-(905) 793-5230**
NACPA

Description:

A self-help support group for anyone suffering any kind of chronic pain. Encourage people to live a normal life by teaching how to cope with chronic pain. Teaches relaxation techniques.

Eligibility: Open to everyone who suffers from chronic pain of any kind

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ONTARIO MARCH OF DIMES

Post Polio Association of Hamilton-Wentworth **109**

(905) 528-9432
Fax: (905) 528-6585

Mail address: 14 Victoria Ave N
Hamilton, ON L8L 5E1

Hours: Mon-Fri 9:00am-4:30pm

Description:

The objective of the Association is to promote direct support among persons who have had polio. Contact the Ontario March of Dimes for information.

ONTARIO NETWORK FOR ENDOMETRIOSIS

Hamilton Chapter **110**

(905) 522-7353
Ext 407

Mail address: c/o Self help Network
255 West Ave N
Hamilton, ON L8L 5C8

Contact(s): Leslie Higgins **(905) 627-1721**

Description:

This is a self-help organization for women with Endometriosis. Endometriosis is a disease which affects women's reproductive organs, and is most acute during the women's menstrual cycle, although there are some women who are in constant pain with the disease. The mission of the organization is to promote support for women with the disease, as well as research and education.

Eligibility: Women with endometriosis

ONTARIO PRADER WILLI SYNDROME ASSOCIATION 111

1-800-563-1123

Mail address: c/o Joan MacKinnon
1910 Yonge St. 4th Fl
Toronto, ON M4S 1Z4

Executive(s): Nita Goldband, Executive Director

Contact(s): Joan MacKinnon, President **(H) 1-(905) 356-0481**
Dr. Ross Parker, Member of Advisory Board **(905) 521-2100**
McMaster University Medical Centre **Ext 6206**

Description:

To offer support, guidance and resource materials to parents and guardians of people with Prader-Willi Syndrome. The syndrome consists of two stages:

1. Low birth weight and failure to thrive
2. Compulsive eating and developmental delays
3. Behavioral problems; learning disabilities associated with school and ongoing problems related to eating disorders

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OVEREATERS ANONYMOUS 112

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24 hour tape
(905) 549-5442

Mail address: c/o Anne Botour
32 Dale Ave
Stoney Creek, ON L8G 3L9

Contact(s): Lynn **1-(905) 945-2705**
Sharon **(905) 549-9401**

Description:

The primary purpose of the group is to stop eating compulsively. We welcome in fellowship and friendly understanding all those who share our common problem.

Overeaters Anonymous is a fellowship of men and women who meet to share their experience, strength and hope with one another in order that they may solve their common problem and help those who still suffer to recover from compulsive overeating.

PARENTS ARE PEOPLE TOO 113

Street address: YWCA
52 Ottawa St
Hamilton

Mail address: c/o Joan Honyust
149 Garside Ave N
Hamilton, ON L8H 4W5

Contact(s): Joan Honyust, Co-ordinator / Facilitator **(905) 544-4469**

Description:

The Hamilton Parent Support Group is a group of parents who support one another through crises. A trained counsellor is available to assist in the support process. If the group is unable to assist someone, referrals are made to more appropriate resources.

Eligibility: Parents

PARENTS HELPING PARENTS 114

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(905) 385-5389

Mail address: c/o Easter Seals Society
1030 Upper James St
Ste 203
Hamilton, ON L9C 6X6

Hours: Mon-Fri 8:30am-4:30pm

Contact(s): Donna Watson **(H) (905) 627-7139**

Description:

This is a support group for parents of physically handicapped children. It began in 1981 by the Easter Seal Society to provide communication and the sharing of various educational topics for parents of disabled children. The group is also open to parents of children with multiple disabilities.

PARENTS WITHOUT PARTNERS

Chapter #73 115

(905) 544-4444

Mail address: Box 69011
Rosedale Postal Outlet
Hamilton, ON L8K 6R4

Contact(s): Marilyn, Secretary **(905) 627-2280**

Description:

This is an international non-profit, non-sectarian, educational organization devoted to the welfare and interests of single parents and their children.

Eligibility: Must be a single parent of one or more living children

Hamilton Sunrise Chapter #1254 **116**

Mail address: Box 43510
Lower James Postal Outlet
Hamilton, ON L8P 4X5

Executive(s): Carlos Kaloustian, President **(905) 525-0419**

Contact(s): Denise Couture **(905) 385-0825**

Mountain Chapter #1085 **117**

Answering Service
Mon-Sun 8:00am-9:00pm
(905) 383-5222

Mail address: Box 20365
Hamilton, ON L9C 7M8

Contact(s): Ken Kearse, **(905) 632-9141**

PARENTS, FAMILIES AND FRIENDS OF LESBIANS AND GAYS - HAMILTON WENTWORTH **118**

Mail address: c/o Hamilton AIDS Network
143 James St S, Ste 900
Hamilton, ON L8P 3A1

Hours: Mon-Thu 9:00am-9:00pm
Fri 9:00am-5:00pm

Contact(s): Irene Taylor **(905) 662-1510**
Ilsa Stevenson **(905) 648-5703**

Description:

A group which gives support to parents of lesbian or gay children. Also provides a supportive environment for children coming out to their parents and friends. Speaking engagements to schools and professionals.

PROZAK SURVIVORS SUPPORT GROUP **119**

Mail address: c/o Wilf Ruland
766 Sulphur Springs Rd
Dundas, L9H 5E3

Contact(s): Wilf Ruland **(H) (905) 648-1296**
Sue Morton **(905) 648-4973**

Description:

This is an independent, non-profit support, research and information organization trying to help people who have been affected by Prozak or other related drugs (Zoloft, Luvox, Paxil).

REBOUNDERS **120**

Contact(s): Andrew Sprawson **(905) 272-5852**

Description:

This is a self help group for teenagers and adult survivors of childhood cancer.

RECOVERY INCORPORATED **121**

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(905) 529-9018

Mail address: c/o Joyce Oliver
Effort Square
Box 91211
Hamilton, ON L8N 4G4

Contact(s): Joyce Oliver

Description:

Recovery Incorporated is a community mental health organization that offers a self-help method of will training. The Recovery method is a system of techniques for controlling temperamental behaviour and changing attitudes toward nervous symptoms such as heart palpitations, depression, sleeplessness, tremors, and fears such as fear of being alone, fear of crowds, fear of enclosed spaces, etc. Recovery expects each member who needs professional care to follow the authority of the physician and/or professional. Recovery does not offer advice, counselling, diagnosis or treatment; it provides self-help after care only. A not for profit, non-sectarian, self supporting and self governing program. Recovery Incorporated is a nation wide organization and has programs in areas such as St Catharine's and Burlington. Information on the different area programs is available by calling the above number.

Mount Hamilton **122**

(905) 529-9018

Street address: Mount Hamilton United Church
31 Summit Ave
Hamilton

West Hamilton **123**

(905) 529-9018

Street address: Binkley United Church
1570 Main St W
Hamilton

THE ROTARY CLUB OF HAMILTON SELF HELP CENTRE 124

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(905) 522-7353
Fax: (905) 522-7353

Mail address: 255 West Avenue N
Hamilton, Ontario L8L 5C8

Hours: Mon-Fri 8:30am-4:30pm

Executive(s): Carole Town, Chairperson

Description:

To provide support resources and to foster the growth and development of self help support groups. The Auditorium may be rented for seminars, conferences and fund-raising events, during the day and most evenings until 11:00 pm. Light refreshments may be served, Capacity: no more than 120 people.

SACKVILLE HILL SENIORS CENTRE

Seniors Managing in Life Experiences (SMILE) **125**

Contact(s): Carolyn Kovacs **(905) 546-2541**

Description:

The SMILE network is an informal group for seniors and service providers, helping them to obtain important and pertinent information on a wide variety of subjects. Its' statement of purpose is to assist in the networking and linkage of seniors to services and services to seniors.

ST JOSEPH'S COMMUNITY HEALTH CENTRE

Diabetes Support Program **126**

Mail address: 2757 King St E
Hamilton, ON L8G 5E4

Contact(s): Pat Smith **(905) 573-4819**

Description: Support group for people who have diabetes.

Geriatric Services
Stroke Recovery Group **127**

Contact(s): Geriatric Services **(905) 573-4818**

Description:

This education and support group is open to any person who has had a stroke and for their family members. Guest speakers and group discussions are part of the format.

ST JOSEPH'S HOSPITAL

Rehabilitation Services **128**
Fibro-Fit

(905) 522-1155
Ext 3246

Mail address: 50 Charlton Ave E
Hamilton, ON L8N 4A6

Hours: Mon-Fri 8:00am-4:00pm

Contact(s): Annette Bailey, Physiotherapist

Description:

The Fibro-Fit program is a twelve-week program for people who have been diagnosed with fibromyalgia. The program has both an educational and exercise component. The major goal of the program is to help those with fibromyalgia improve their overall quality of life by providing them with the opportunity to develop skills in self management. A physician's referral is required to participate in the program.

Rehabilitation Services **129**
Program for Rheumatic Independent Self Management

(905) 522-1155
Ext 3246

Mail address: 50 Charlton Ave E
Hamilton, ON L8N 4A6

Hours: Mon-Fri 8:00am-4:00pm

Contact(s): Monica Alderson, Occupational Therapist

Description:

PRISM is a four-week arthritis education program for Rheumatic Independent Self Management. This program is designed to teach you about your arthritis and ways you can manage it from day to day. The patients meet as a group and are taught by multi-disciplinary health professionals. A physician's referral is required to participate in the program.

SALVATION ARMY

Correctional and Justice Services Department **130**
Community Services
Hope Program

(905) 521-1660
Night Line: (905) 521-1664

Mail address: 340 York Blvd, Rm 100
Hamilton, ON L8R 3L2

Executive(s): Envoy John Van Buren, Executive Director

Description:

The Hope program provides a support network for women whose loved ones are or have been incarcerated. Monthly meetings provide discussion and fellowship. Regular one-to-one counselling and support are also provided.

Correctional and Justice Services Department **131**
Community Services
Positive Lifestyle Program

(905) 521-1660
Night Line: (905) 521-1664

Mail address: 340 York Blvd, Rm 100
Hamilton, ON L8R 3L2

Executive(s): Envoy John Van Buren, Executive Director

Contact(s): Envoy Doreen Van Buren

The Positive Lifestyle Program is a program especially designed for those who because of difficulties in their lives have become involved with the criminal justice system. Likely candidates are people who are clearly not professional shoplifters; who have shoplifted because of peer or personal pressure or losses in their lives. The program provides support, guidance and direction to clients either in group sessions or on individual one on one sessions, whichever is best suited to their needs.

SECOND CHANCE

Hamilton Area Heart and Lung Support Group 132

Mail address: c/o Diane Kupi
34 Radford St
Hamilton, ON L8S 3E6

Contact(s): Diane Kupi **(H) (905) 526-8683**

Description:

To give telephone support, to patients awaiting transplantation, spouses and family members.

Eligibility: Transplant recipients, family members, or patients waiting for a transplant.

SEX AND LOVE ADDICTS ANONYMOUS 133

Contact(s): Bill **(905) 544-6519**

Description:

This is a self-help fellowship based on the 12 Step program of Alcoholics Anonymous. It is open to people of any age, gender or sexual preference. The only qualification for membership is a desire to stop living out a pattern of sex and love addiction. Members include those who suffer from a compulsive need for sex, and those with a desperate attachment to one person. What all members have in common is an obsessive or compulsive pattern, either sexual or emotional (or both), in which relationships or activities have become increasingly destructive to all areas of their lives, such as career, family, and a sense of self-respect. As a fellowship, Sex and Love Addicts Anonymous has no opinion on outside issues and seeks no controversy. It is not affiliated with any other organization, movement or cause, either religious or secular.

SEXUAL ASSAULT CENTRE (HAMILTON AND AREA) 134

(905) 525-4573
TDD: (905) 525-4592
Fax: (905) 525-7085
Crisis line: 24hrs (905) 525-4162

Mail address: Box 955, Stn A
Hamilton, ON L8N 3P9

Hours: Mon-Fri 9:00am-4:30pm (except Wed morning)

Executive(s): Carol Sheppard, Chair, Management Committee

Contact(s): Krista Warnke, Public Educator
Vilma Rossi, Director

Description:

The purpose of the Centre is:

1. To provide support and advocacy to women who have experienced sexual violence, including rape, sexual assault, incestuous sexual assault, and childhood sexual assault.
2. To provide information and education to the community about sexual violence against women.
3. To provide in-service training to health care and social service professionals who work with survivors of sexual violence.
4. To work with community institutions and organizations to provide better care for survivors of sexual violence.
5. To work toward the elimination of sexual violence.

Major Services:

For women over the age of 16, who have been sexually assaulted at some point in their lives, the Centre provides the following services:

1. Provision of crisis counselling and support through a 24-hour crisis line, seven days a week. The crisis line is staffed by trained volunteer crisis workers.
2. Accompaniment to the hospital, or police station, and court advocacy and accompaniment.
3. Short-term, face-to-face crisis counselling and support groups for adult women who are survivors of rape, sexual assault, incestuous, and/or childhood sexual assault.

4. Referrals to other services as required by the survivor.
5. General business inquiries and speaking requests can be made by calling the business line.
6. Community outreach programme to ethnocultural communities.

SLEEP - WAKE DISORDERS CANADA 135

Mail address: c/o Richard Braund
360 King St E, Ste 2204
Hamilton, ON L8N 3YZ

Contact(s): Richard Braund **(905) 529-0987**

Description:

This is a self-help group whose goal is to bring those who have sleep/wake disorders together to seek common goals.

STUTTERING CONNECTIONS 136

Street address: Evel Pavilion, Rm 322
Chedoke-McMaster Hospital
Sanatorium Rd

Mail address: c/o Speech Department
Box 2000
Hamilton, ON L8N 3Z5

Contact(s): Carla DiDomenicantonio **(905) 521-2100 Ext 7070**

Speech Pathology, Chedoke Hospital
Mary **(905) 628-5549**

Description:

A non-profit organization for adults who stutter. If you have a stuttering problem, you do not have to deal with it alone. Our semi-monthly self-help chapter meetings allow you to share your feelings, and experiences in a safe and supportive environment. We are not a speech therapy service, but will support you in practising what you are learning or have learned in therapy. Involvement in speech therapy is not required.

SUICIDE BEREAVEMENT SUPPORT GROUP, HAMILTON WENTWORTH 137

Mail address: c/o Canadian Mental Health Association
182 Rebecca St
Hamilton, ON L8R 1C1

Contact(s): Marty McLeod **(905) 521-0090**
Betty Ann Brown **(905) 388-0933**

Description:

This is a support group for those who have lost a loved one through suicide.

SUPPORT ORGANIZATION FOR TRISOMY 18, 13 & RELATED DISORDERS (SOFT) 138

(905) 632-7755
Toll free: 1-800-668-0696
Fax: (905) 632-5997

Mail address: Head Office
760 Brant St, Ste 420
Burlington, ON L7R 4B8

Hours: Meeting time and locations vary, so call ahead.

Executive(s): Linda Gandy, President

Description:

SOFT provides support to families whose children are born with any of the following disorders:

1) Trisomy
2) Partial Trisomy
3) Mosaic (not in every cell)
4) Deletion of all or part of a chromosone

5) Single gene disorders
6) Any other disorder which produces serious, multiple birth defects.

Support is provided in the form of meetings, linking parents, information, and a newsletter.

Eligibility: Open to everyone

TINNITUS SELF-HELP GROUP - HAMILTON CHAPTER **139**

Mail address: c/o Sandra Hazell
179 George St, Ste 406
Hamilton, ON L8P 1E6

Contact(s): Sandra Hazell **(H) (905) 521-9551**

Description:

This is a self help group for sufferers of Tinnitus. A condition where a person hears head noises or ringing in the ears that may go on continuously. A newsletter is available.

TOUGHLOVE - PARENTS SUPPORT GROUP

Hamilton Mountain **140**

c/o Telecare (905) 525-8611

Description:

This self help parent support group provides support from non-professional parents in dealing with teenage behaviour problems. Phone for information on meeting times and places.

TOURETTE SYNDROME FOUNDATION OF CANADA - HAMILTON REGION CHAPTER

Hamilton Tourette Syndrome Support Group **141**

Contact(s): Donna Brown, President **(H) (905) 523-6760**
Teresa Derosa, Secretary **(H) (905) 575-4634**

Description:

A support group for people with Tourette Syndrome as well as support for their families. Open to anyone with an interest in or need to deal with/understand hyperactivity, attention deficit disorder, Tourette Syndrome, or obsessive compulsive behaviour (also called disorder, ie. OCB or OCD), rage attacks and behavioral problems associated with Tourette Syndrome. People need to find a supportive atmosphere to cope with these genetically related and sometimes overlapping disorders which are physically based. They are reassured by other sufferers that one can cope. Information is exchanged. People are likely to discuss medications, problems in the family or generally have a meeting place where they share their problems. Information available upon request.

TURNING POINTS **142**

Mail address: Dundas Baptist Church **(905) 573-0942**
104 Park St W
Dundas, ON L9H 1X4

Contact(s): Beth, Group Co-ordinator **(905) 573-0942**
Wayne **(905) 574-1905**

Description:

Turning Points provides educational, emotional and social support for men and women who have lost their spouse due to separation, divorce or death. Wednesday evening meetings provide educational and emotional support through guest speakers on such topics as family law, financial planning, and coping with loneliness. Saturday evening meetings provide social support through theatre nights, walking trips, and dinner get togethers. The group is non-sectarian and is supported by Dundas Community Services and The Dundas Baptist Church. A newsletter is published for members. New members always welcomed.

WIDOW TO WIDOW **143**

Mail address: YWCA **(905) 522-9922**
75 MacNab St S
Hamilton, ON L8P 3C1

Hours: 24 hours a day

Contact(s): Susan Wier

Description:

A telephone visiting and information service for widows who feel the need of friendship. This is provided by widows who have repatterned their lives and understand the emotional and practical problems of widowhood. Round-the-clock support by telephone through times of crisis is available. The caller leaves her name and phone number with contact, and a support person will telephone the widow in need.

Eligibility: Widows

WOMEN FOR SOBRIETY **144**

Mail address: 18 Cottage Ave
Hamilton, ON L8P 4G4

Contact(s): Susan **(H) (905) 528-6823**

Description:

A self-help program for women with alcohol and substance abuse problems. It is the first and only self-help program for women only, and its precepts take into account the very special issues women have in recovery. This program is based on positive thinking, meditation, group dynamics, and the pursuit of health through nutrition.

Meetings: Year round

WOMEN'S CENTRE OF HAMILTON WENTWORTH

Assertiveness Training Workshop **145**

(905) 522-0127
Fax: (905) 522-7220

Mail address: 80 Augusta St
Hamilton, ON L8N 1R2

Description:

Learn how to express your needs and communicate them effectively and with confidence by means of this educational group program.

Exploring Self Through Art 147

(905) 522-0127
Answering machine after hours

Description:

A supportive, small group program of self discovery and inner exploration. Various art media, collage, clay, paint etc., may be used as a means of drawing forth new insights about the creative self. Participants are required to have had some previous counselling experiences.

Info Plus Group for Women Recovering From Abuse 148

Contact(s): Donna McElroy **(905) 528-0104**

Description:

These are on-going 5 week information sessions for women survivors of childhood sexual abuse. The focus is to provide a safe, supportive environment where women can continue to heal from the abuse by dealing with issues of self-esteem, their emotions, and assertiveness. With the assistance of group leaders women will learn new and positive ways of asserting themselves in their lives. This is not a therapy program but more to provide information to women. Assistance with child care is available.

Eligibility: Women who have experienced abuse. Not for women currently in crisis.

Self Esteem Course For Women 149

(905) 522-0127
Answering machine after hours

Description:

In an accepting and supportive environment, the group will explore how they as women experience low self esteem, the impact of social conditioning, and how women can empower themselves.

Separation and Divorce Support Group **150**

(905) 522-0127

Description:

This is an emotional support group for women who have separated or divorced within the last 12 months. The focus of this group is dealing with the trauma of separation and divorce.

Eligibility: Women who have been separated or divorced, or common-law separated within last year.

Stress Management Group **151**

(905) 522-0127

Description:

Covers topics such as the effects of stress on your life at home and in the workplace. Relaxation techniques, positive thinking and self assessment are used as tools to explore this issue.

Support Group for Survivors of Childhood Sexual Abuse **152**

(905) 522-0127

Description:

These are twelve week, small group sessions for women who are recovering from abuse in their childhood. The focus is to provide a safe supportive environment where women can heal from the abuse by focusing on their feelings, developing self-esteem and empowerment skills. With the assistance of group leaders women will learn new and positive ways of asserting themselves in their lives.

Unemployment Support Group **153**

(905) 522-0127

Description:

A self-help support group for unemployed and underemployed women.

Eligibility: open

YOUNG WOMEN'S CHRISTIAN ASSOCIATION

Arthritic Club 154

(905) 522-9922

Mail address: 75 MacNab St S
Hamilton, ON

Contact(s): June Stetson, President (905) 383-0345
Susan Wier (905) 522-9922

Description:

A social club for people with arthritis, which includes speakers, crafts, films and refreshments.

Eligibility: Women with arthritis
Meetings: No meetings in July and August.

Gentle Water Exercise 155

(905) 522-9922

Description:

A water exercise program specifically for women with arthritis or bad backs.

Health and Wellness Programs Beyond Dieting 156

(905) 525-9922
Ext 160
Fax: (905) 522-1870

Hours: Mon-Fri 8:30am-5:00pm

Executive(s): Jill Rumble, Chief Executive Officer
Ann Scione, President (B) (905) 529-6672

Contact(s): Robin Mich

Description:

This ten week program is designed to take the emphasis off dieting and focus on lifestyle changes and establishing normal eating. Topics include:

- Body Image
- Effects of dieting
- Self Care
- Normal Eating
- Physical Activity
- Myths of Obesity

Health and Wellness Programs **157**
Effective Anger Expression

(905) 525-9922
Ext 160
Fax: (905) 522-1870

Hours: Mon-Fri 8:30am-5:00pm

Executive(s): Jill Rumble, Chief Executive Officer
Ann Scione, President **(B) (905) 529-6672**

Description:

Learn from other women how to use your anger effectively. In three sessions build your self esteem, develop empowerment skills by focussing on feelings, and learn assertiveness techniques to deal with difficult people.

Health and Wellness Programs **158**
Stop Smoking

(905) 525-9922
Ext 160
Fax: (905) 522-1870

Hours: Mon-Fri 8:30am-5:00pm

Executive(s): Jill Rumble, Chief Executive Officer
Ann Scione, President **(B) (905) 529-6672**

Contact(s): Linda Curry

Description:

This is a support group designed to help you reduce or quit smoking. Topics include: - Stress Management - Breathing Exercises - Self Esteem etc.

Health and Wellness Programs **159**
Support Group for Women Survivors of Childhood Sexual Abuse

(905) 525-9922
Ext 160
Fax: (905) 522-1870

Hours: Mon-Fri 8:30am-5:00pm

Executive(s): Jill Rumble, Chief Executive Officer
Ann Scione, President **(B) (905) 529-6672**

Contact(s): Kay O'Sullivan
Leah Driscoll

Description:

A 10-15 week support group designed to explore the effects of abuse by using a variety of exercises and discussions to facilitate healing. Offered at Level 1 and Level 2. A screening interview is required.

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